

# MONTANA STATE HOSPITAL TREATMENT PROGRAMS DESCRIPTION



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Treatment at Montana State Hospital is organized around five primary clinical pathways that collectively are called “Pathways to Recovery.” The purpose of the pathways is to provide meaningful, coordinated treatment for each individual in order to promote recovery and independence to the fullest extent possible. Programs on each treatment unit are developed around a particular treatment pathway. The hospital supplements the treatment available on each unit with a variety of centralized services offered on campus. Centralized services include basic medical care, dental care, dietary services, pharmacy services, rehabilitation services, vocational services, religious services, and psychotherapeutic services. Individuals are offered a wide variety of recovery-focused services at the Recovery Center and Therapeutic Learning Center. Finally, the hospital offers on-campus group home opportunities and services for individuals who have recovered and are preparing for the transition back to the community.

A brief description of each program follows:

**A Unit** is designed to serve people experiencing symptoms of acute psychosis and affective disorders that impair judgment, social functioning, and independent living skills. After stabilization of symptoms, treatment focuses on helping people better understand and manage their psychiatric illness and to begin taking steps toward recovery. Groups and therapeutic activities are designed to provide learning and practice experiences that promote recovery and allow the individual to experience healthy patterns of living and an improved quality of life. Individuals have an opportunity to work on personal goals for recovery and movement to community placements.

**B-Unit** is designed for individuals whose primary problem is maladaptive coping behavior including substance abuse. This includes suicidal and self-injurious behaviors, eating disorders, problems with anger, problems in interpersonal relationships including aggression and lack of assertiveness, treatment non-compliance behaviors, somatization, and severe substance abuse. This program provides stage-based, integrated treatment to address complex treatment needs with a recovery perspective that includes acceptance of the individual into a therapeutic community.

**D-Unit** provides services designed for people admitted to Montana State Hospital who have misdemeanor or felony charges pending and are in various stages of adjudication.

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The unit is also known as the Hospital's forensic unit. There are three main components to the program:

- 1) evaluation of competency and related issues;
- 2) treatment to restore competency and fitness to stand trial;
- 3) and treatment for individuals found guilty but mentally ill or not guilty by reason of mental illness in criminal proceedings.

This unit also provides psychiatric evaluation and treatment for individuals transferred from facilities operated by the Montana Department of Corrections. In all aspects of programming on this unit, careful consideration is given to public safety and the perspective of victims.

**E-Unit** provides treatment for people with acute and chronic psychosis and affective disorders that impair social and independent functioning. Various treatment opportunities focus upon helping individuals better understand and manage their symptoms to promote personal growth, while providing various opportunities to teach skills on steps toward recovery. Groups and therapeutic activities are designed to provide learning and practice experiences that promote recovery and allow the individual to experience healthy patterns of living and an improved quality of life.

**The Intensive Treatment Unit** is designed to manage the needs of individuals who are suffering from serious mental illness with associated behaviors that create the potential for serious harm to themselves or others. This unit is contained within the E-Unit area but is segregated in order to promote safety for the individual being treated and other patients. Multidisciplinary treatment services are focused on treating the underlying illness, reducing the risk for harm, and returning the individual to a less-restricted treatment setting.

**Spratt** treatment modalities are designed to enhance the physical, mental and psychological well-being of individuals who have long-term psychiatric disabilities and/or significant physical limitations. Individuals placed in this pathway include those whose psychosis or cognitive limitations are such that they severely interfere with daily functioning. Significant physical impairments may be present as well. Groups and therapeutic activities are highly individualized and designed to 1) provide a daily schedule that promotes physical, cognitive, emotional and social health; 2) promote each individual's self-respect and quality of life by providing activities that allow for self-expression, personal responsibility and choice.

**Mental Health Group Homes** provide transitional living for people preparing for discharge into a community placement. Program focus is on development of independent living and self-care skills and social adjustment from institutional care.

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**The Therapeutic Learning Center (TLC)** is an integral component of treatment offered at the Montana State Hospital. -The TLC provides a variety of treatment modalities to help patients achieve specific psychosocial, leisure, educational, and vocational outcomes. This program is recovery based with emphasis on individual strengths, personal goals and interests. TLC offerings are tailored to individual needs and include physical, mental, social, expressive and creative modalities with an emphasis on the development of life skills and the enhancement of each individual's quality of life. Vocational services are offered through the TLC, including employment readiness classes and on-campus work experiences.

**The Chapel at the Montana State Hospital** is a multicultural and interfaith place of worship and meditation. Catholic and Protestant services are held weekly for patients within the chapel as well as religious study groups. Chaplains also hold services on units and visit with patients in the chapel or on in their living area upon request.

The Cultural Committee at MSH has also developed the opportunity for patients to smudge. A Smudging box has been developed and is available upon request through each unit's treatment team. In addition, the Cultural Committee continues to provide multi-cultural programs to the campus population such as the Jason DeShaw, Country Singer – uses his music to communicate positive messages on mental health, Teepee Raising, The Butte Folk Dancing Group, The Shamrockers- a Celtic band, and the Silver Bow String Quartet. Community integration trips include participation in the annual NAMI Walk in Helena, NAMI Conference, visits to the Butte American Indian Alliance, attending the Butte Pow Wow and attendance at Shakespeare in the Park.

Participation in religious, spiritual and cultural offerings is voluntary. Interfaith and cultural offerings at the MSH are recovery based and is held to be an integral part of each patient's quality of life.

**The Recovery Center** works under the philosophy of hope and resiliency. The philosophy of recovery embraces and encourages an individual's own capacity for change. The Recovery Center offers numerous co-occurring and evidenced based group opportunities that may assist individuals in their path to recovery. We believe determination and self-direction are the foundation of recovery as we support individuals to define their own life goals and design their own unique path toward wellness. The various staff in the Recovery Center provides hope, education, support, and self-advocacy and promotes personal responsibility to those we serve at Montana State Hospital.

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